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the newham mag

Issue 318 // 19 June – 2 July 2015 // Every fortnight



**Newham's
future
cricket stars**

Youngsters in the footsteps
of Ravi Bopara (p12)



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Everywhere you look in Newham, you can see our young people thriving, and I was proud to watch our youngsters show their skills ahead of Ravi Bopara's benefit match earlier this month (p12).

Summer is a great time to try something new – Newham's work with London Youth Rowing is providing one such opportunity (p16).

Older residents should know the importance of completing a bowel cancer screening test (p14) and you can find an activity near you to keep fit over 50 (p22).

We have news on the headline acts for the Under The Stars concert, and the Mayor's Newham Show (p8), plus a summer camping offer you won't want to miss (p27).

If you're heading abroad, be sure to get vaccinated (p11) and we are encouraging residents to go the extra mile with their recycling (p25).

Finally, read about forthcoming consultations and have your say on the council's budget (p17).

Councillor Farhad Hussain

*Cabinet Member For Commercial Opportunities,
Deputy Cabinet Lead For Facilities Communities
and Community Land For Millions*

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IN BRIEF //

Plan for safer cycling

A consultation on a new cycling route is now open. The proposed route, part of the Quietways programme, is set to run from Mile End, through Queen Elizabeth Olympic Park, Stratford Forest Gate and Manor Park, before heading to Redbridge.

More information can be found at www.newham.gov.uk/quietways and at Stratford, Forest Gate and Manor Park libraries until 17 July.

To have your say email quietways@newham.gov.uk by 17 July or write to Traffic Management and Safety, London Borough of Newham, Newham Dockside, 1, 200 Dockside Road, London E16 9QU.

Prevention better than cure

More than 11,000 Newham residents aged from 40 to 74 took advantage of a free N-8 Health Check in the past year. The checkers found 586 cases of people at high risk of developing cardiovascular problems and 330 people at high risk of developing diabetes.

Councillor Chris Furniss, mayoral advisor for adults and health, said: "Early detection of long-term conditions means we can help people make changes to their lifestyles before diseases seriously impact their lives. More and more eligible residents are taking up these free health checks." For information visit www.nhs.uk/NHSHHealthCheck.

Fly-tip case proved

A woman who fly-tipped a large number of household items in Vile Road, Forest Gate, has been sentenced to a 12-month conditional and made to pay court costs of £95 and a victim surcharge of £16.

Magistrates at Waltham Forest Court found the case against Scottie Nasseka, from Forest Gate, proved. The court heard she was caught dumping the waste by a Newham Council enforcement officer. Residents can report fly-tipping at www.newham.gov.uk/flytipping.

>>> Child's play is streets ahead

Children on a street in Plaistow turned their road into a playground for a fun-filled afternoon of activity.

Residents in First Avenue hosted a Play Streets event with games and toys set out for people to enjoy. Around 50 youngsters and their families joined in for an afternoon of fun in the sun.

Play Streets is a project funded by the Big Lottery's Reaching Communities Programme, encouraging young people to play freely and safely in their community. The First Avenue event was organised by volunteers working with Newham Council's Plaistow Community Neighbourhood team and supported by a Let's Get The Party Started grant from the council.

Plaistow South ward councillor Aileen Alarica joined the fun by playing a giant chess game. She said: "It's a great example of the council supporting residents to bring people together."

To find out more about applying for funding for an event where you live visit www.newham.gov.uk/grants.



Community kitchen is recipe for success

Residents tucked into some tasty treats when healthy food cooking sessions took place to celebrate a newly renovated community kitchen.

Newham Council's Green Street Community Neighbourhood team arranged for East Ham's Food Academy to offer healthy eating advice at Katherine Road Community Centre and help people boost their culinary skills and confidence.

Councillors Ken Clark, Hanif Abdulmuntir, Jome Alexander, Tahmina Rahman and Roshma Rahman helped show people how healthy snacks can be prepared in less than 30 minutes.

Activity provider activeNewham offered nutrition advice and information on how to improve health and physical well-being. Volunteers from the community centre and residents from the Harima Ghar sheltered housing scheme provided healthy fruit salads. There was also drawing competitions for children, fitness workshops and hula hoop exercises.

To get involved in Katherine Road's community kitchen and community garden project contact 020 8546 9825 or email Katherine.RoadCentre@newham.gov.uk.





News

In the market for fun

Queens Market in Green Street, Upton Park, was the venue for a fun-filled day of sport and activities during the half-term break.

The Market Games, organised by residents working with Newham Council's Green Street Community Neighbourhood team, saw young people of all ages and abilities enjoying BMX cycling, football, wheelchair basketball, table tennis, indoor rowing and non-contact boxing. There was also advice about personal safety, crime prevention and property marking.

The event was supported by the council's active provider activeNewham, the West Ham United Foundation, Tesco, the Metropolitan Police and Police Cadets, and the Youth Providers Partnership.

Councillor Hanif Abdulmuhiit, lead member for Green Street Community Neighbourhood, said: "This was the fifth indoor games to take place at Queens Market on a non-market day. They have been great successes and we plan to hold more during school half-term and summer breaks."

For information about what is happening where you live visit www.newham.gov.uk/communityneighbourhoods



PHOTOGRAPH BY JAMES HARRIS FOR NEWHAM COUNCIL

Car wash cleans up for worthy cause

Councillors helped fundraisers collect £1,608 in aid of the Nepal earthquake appeal by taking part in a charity car wash.

Members of the SIKS Swaminarayan Temple organised the car wash at Newham Council's car park in Shaftesbury Road, Forest Gate, to raise funds for the Disaster Emergency Committee appeal. More than 120 cars were cleaned during the day.

Councillors Ken Clark, Mukesh Patel, Rohma Rahman, Jose Alexander, Hanif Abdulmuhiit and Harvinder Singh Virdee took part. Cllr Clark said:

"The news of the devastating earthquake in Nepal shocked everyone. We pride ourselves on our community spirit in Newham and this event saw our residents come together to support those in need."

"We were delighted to be able to play a part in the car wash for such a worthy cause, and that so many people took part and gave generously." For information visit www.dec.org.uk/Nepal



Contributions honoured by The Queen

Four people with Newham connections have been honoured in this year's Queen's Birthday Honours List.

Nalasha Hart of Newham All Star Sports Academy received an MBE for her work in educating young people about the dangers of knife crime and offering sport as an alternative to anti-social behaviour. Linda Stincham of Newham Secords received a BEM

for developing young learners into international competition winners.

Robert Sewell was awarded a BEM for his work with Newham Volunteer Police Cadets. Actor Chiwetel Ejiofor formerly of Forest Gate, received a CBE.

Mayor Sir Robin Wales said: "We are delighted that outstanding contributions have been recognised."



So many people enjoy park life

When the sun is shining there is nothing better than enjoying everything that our many parks have to offer. I'm glad that's what more than 2,000 of you did when we kicked off our garden parties that are celebrating Newham's 50th birthday.

It was a real pleasure to mingle with the throngs of people enjoying a range of fun and activities for all ages in Memorial Park, West Ham, and New Beckton Park. These were the first of nine such parties and Big Lunches that our Community Neighbourhood teams are staging between now and September.

"I would urge all of you to join one of the other garden parties that are taking place."

I could see everyone enjoying the buzz of the day as well as the occasional ice cream being eaten. If these first events are anything to go by, anyone attending the others are in for a treat.

At Memorial Park we were entertained by dance shows, roller skating displays, and performances from the Every Child a Musician Stars orchestra. For those wanting to be more active there were sport taster sessions and background noise. There was also a heritage display marking Newham's 50 years history.

In New Beckton Park we were wowed with performances from local rappers, singers, dancers and gymnasts. There were also activities for the whole family including five-a-side football sessions, balloon modelling and face painting.

These events were free but people showed their community spirit by bringing along games and food for others to share and enjoy. This encapsulated the whole ethos of our

Community Neighbourhoods initiative and highlighted exactly what we want to achieve.

I would urge all of you to join one of the other garden parties that are taking place. There is one this weekend (20 June) between noon and 4pm in Central Park, East Ham. While I can't guarantee the weather I can guarantee the fun.

For details of the other parties and activities where you live visit www.newham.gov.uk/communityneighbourhoods



Mayor's view

Centre offers real taste of community

The new look facilities at The Gate Community Neighbourhood Centre in Woodgrove Road, Forest Gate, are getting a lot of praise. It is a great point of call for residents to find out what events and activities are taking place in and around the area and how they can get involved.

The transformed facilities now include additional community space, free wi-fi and a coffee shop which is run by local independent retailer Coffit? New TV screens that have been installed are a great way of telling people about what is happening. The existing library services are still in place but now they have the added bonus of being part of a centre that can host events with and for local groups and organisations.

The atmosphere was really vibrant when I popped in with local councillors. I was pleased to see so many different groups using it. We will have centres across our Community Neighbourhood areas where people can feel a sense of belonging and work with us to bring about change and improvement.



Rugby will prove just the ticket



With Sir Elia Kar Ghak, Cabinet member for Building Communities and Public Affairs, and Sir Elia Kar Ghak, local resident for Custom House and Ganning Town Community Neighbourhood, seen during the ticket offer.

Volunteers at a community garden, a group of young carers and children involved in grassroots rugby are among 600 of our residents who will be watching the world's best players at the Olympic Stadium during Rugby World Cup 2015.

We've been working with England Rugby 2015's Engaged ticketing programme to make sure as many local people as possible see the five matches being played at the transformed Stadium for free.

Excitement about the tournament is certainly rising now that there are less than 100 days until it starts in September. Our tickets are being allocated to the unsung heroes and organisations in our Community Neighbourhoods as well as schools. East London Rugby Club in Memorial Park, West Ham, will also use them to get children playing the sport.

Nasham showed during the 2012 Games that we can create a festive atmosphere. We will be great hosts again when Rugby World Cup 2015 arrives.

with Sir Robin Wales

Stars of the Show for

There's just three weeks to go until the Mayor's Newham Show returns to Central Park, East Ham for two days of entertainment on Saturday 11 July and Sunday 12 July, 12noon-6pm. As the event draws closer we're upping the excitement with a look at the weekend's biggest stars.

Music and dance to move to

From uplifting gospel voices to samba and pop to steel pan music, the Mayor's Newborn Show will be the place to shake your groove thing and party.

The Main Stage has a world of talent on one stage, as **Ashtley J and Tee-J** host some of the finest Newtarns host to offer Celtic incredible street dance from **IMD Legion** (Saturday) and uplifting gospel music from **Revelation Avenue** (Sunday), both fresh from their two Entertainers Got Talent semi-finals on TV. Saturday will also see the uplifting harmonies of the **Stratford East Singers** live on stage. Quince lovers are also in for further treats with the **Deborah Day Theatre School** who will showcase a variety of gnomes from their members, some as young as three years old.

More than 60 per cent of Newsham's schools participate in the Every Child a Musician scheme, with 10,000 children taking part in music lessons every week. See how our borough's children's musical skills are developing on Sunday as the **Every Child a Musician Stars Orchestra and Choir** take to the stage.

Be transported to the Caribbean as the sweet sounds of the **Ebony Steel Band** reverberate around the seaside throughout the weekend. Ebony is Europe's leading steel band and was one of the first set up in the UK.

Bittersweet symphonies

There will be 18 food outlets on site. Grab yourself a dish from the range of international cuisine that will be on offer, pitch up in front of the stage and enjoy the entertainment while you feast! The range will include tasty Thai delights, scrumptious German sausages, traditional British fish and chips, delicious Indian delicacies and more. Wine, beer, spirits and soft drinks will also be available to purchase on site at the event.

CBeebies' stars

Among the main stage highlights of this year's Mayor's Newham Show are headline acts **Geek and Line** (Saturday at 12.30pm) from CBeebies' *Sweethearts* and children's classic **Postman Pat and Jess the Cat** (Sunday, 12.45pm). Both acts will also be making personal appearances at the children's stage at intervals throughout the afternoon.



Newham this summer

The Children's Stage

The Children's Stage will be swash with entertainment for Newham's youngest residents

CBBC's Ben Shree – from CBBC's Officially Amazing show – will be hosting the Children's Stage and entertaining the crowds. Ben also presents CBBC's Match at the Day Kick-a-bout as well as appearing on CBBC's Sam and Mark's Big Friday Wind Up and Jedward's Big Adventure

Newham based entertainer **Mr Mojo** will be sure to put a smile on your face with his fun filled act! An all round children's entertainer, he will entertain children of all ages with his high level energy dance routines, fun and games

Tall Will is the tallest **Bubbleologist** in the whole world! With more than ten years experience, he joined the Bubble Inc team as a bubble performer back in 2007. He is a very experienced and talented Bubbleologist with an amazing repertoire of bubble tricks – from giant bubbles to the tiniest bubbles in the world

Ben Shree



Tall Will

For more information about The Mayor's Newham Show, keep reading the Newham Mag and visit www.newham.gov.uk/newhamshow

All programming is subject to change

★ UNDER THE STARS ★

August will see the Under the Stars outdoor music concerts return to Central Park, for four nights of free live music. Here's a sneak peak of the awesome acts that will be entertaining the crowds.

Thursday 13 August

Maxi Priest

Aswad

Janet Kay

Friday 14 August

Sukshinder Shinde

Jessi Simha

Hussain Leheri

Neja Kashif & Rubeyyat Iahan

Cheral Teal

Hosted by DJ Moses & Tommy Sandhu

Saturday 15 August

Hot Chocolate

Glen Curtis & The Foundations

Soul Legends

Sunday 16 August

Royal Philharmonic Orchestra

feat. Laura Wright

Fireworks Finale

Look out for more information about Under The Stars in the next issue of the Newham Mag

Mayor of
Newham

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PEABODY



Travelling overseas this summer?

Top tips for protecting your family

Newham has a diverse population, with lots of residents visiting family overseas during the summer holidays. But occasionally travellers can return with more than just souvenirs - as cases of stomach upsets caused by the Typhoid bug are on the rise in the borough.

How is it caught?

You can catch Typhoid by eating or drinking food or water that has been infected with the bug - even though the food or drink may look clean. Food or drink can become contaminated when someone with dirty hands touches it, or a fly lands on it.

Who can be affected?

Anyone can catch Typhoid but it more often affects children and the elderly. It spreads easily between families and friends. Typhoid occurs worldwide, but is more common in parts of Bangladesh, India, Pakistan and Africa.

What are the symptoms?

Symptoms to look out for include:

> fever

- > headache
- > general aches and pains
- > stomach pain with constipation or diarrhoea
- > loss of appetite
- > sickness

These can appear about a week after you have eaten or drunk something that has the bug.

Before you travel

Visit your GP or travel clinic before any trip to Asia, Africa, South America or the Middle East to find out more about the Typhoid vaccine, and other travel vaccinations you may need before your trip.

While abroad

Always follow simple food and water hygiene advice such as washing your

hands with soap and water or alcohol gel before eating and after going to toilet. Only eat food that is freshly prepared, cooked and served piping hot, or fruit that you have peeled yourself. Drink cooled boiled water and avoid ice cubes in your drinks.

When you return

If you feel unwell and have any of the symptoms listed above, contact your GP and mention that you have been abroad. Act quickly because, if left untreated, Typhoid can spread to close contacts when you get back home. If you are not registered with a GP then visit

www.nhs.uk to find your nearest surgery

For more information on, visit the website of the National Travel Health Network and Centre

www.nthnc.org/travel

Howzat! Ravi b

More than 100 Newham youngsters were bowled over when they met some of their sporting heroes thanks to England cricketer Ravi Bopara and Newham Council.

They were invited by Flav, one of Newham's most successful sports stars, to attend his benefit match at Essex County Cricket Club in Chelmsford.

As part of the special occasion, the budding young cricket stars were able to take to the field ahead of the main match and show off their skills in two games of *Kwik Cricket*.

They then had the opportunity to meet Ravi, who arranged the visit with the council's Community Neighbourhood teams. They watched the match from the stands, accompanied by Councillors Farhad Hussain, Mukesh Patel and Ken Clark.

Ansh Patel, 12, a pupil at Stratford School Academy in Forest Gate, relished the experience of playing on the pitch and seeing some of his cricketing heroes up close. He said: "I have learned how famous cricketers play and how much work they put in to try to win a match. This has inspired me even more to become a cricketer. It was an amazing match to watch, and we had a lot of fun."

Sameer Shroay from Newham Cricket Club, who got picked to field for Essex in the main benefit match against Ravi's All Stars, said: "We have seen all these big players behind the screens, but today we actually shook their hands. It's a dream come true that we talked with them and played alongside them."

Councillor Hussain, Cabinet deputy member for Building Communities, said: "We are so proud of Ravi. He is a local lad who is an outstanding example to

Newham's young people. I'm delighted that he has worked with us to organise this fantastic opportunity.

"His generous donation of tickets has enabled schoolchildren, and potential future top class cricketers, to take part in his special day. It is another marvellous example of how our community neighbourhood teams work to bring people of all ages together. These budding young players will remember this day forever and who knows, some may be inspired to follow in his footsteps."

"It was an amazing match to watch, and we had a lot of fun."

Born in Forest Gate, Flav attended Brampton Manor School in East Ham. He made his debut for Essex County Cricket Club in 2002 and has been playing for the club ever since. He has played 13 Test matches for England, 120 one-day internationals and 38 Twenty20 matches. For Essex he has played more than 150 first-class games, almost 300 one-day games and almost 200 Twenty20 games. Ravi has spent his entire career playing for Essex and the floodlit benefit match honoured his dedication to his local club.

The Essex side included England Test Captain Alastair Cook. Flav's All Stars boasted some of the biggest names in cricket including Sri Lanka's Kumar Sangakkara and Mahela Jayawardene, England's Moinen Ali, former West Indies

captain Chris Gayle and Pakistan's former international Shahid Afridi.

The match was watched by more than 3,500 spectators and saw Flav's team come out on top, winning by eight runs. As well as celebrating Ravi's career and contribution to Essex, the game was played for the benefit of Great Ormond Street Hospital, Essex Community Cricket Trust, Magic Bus, Indian Coven Disaster Relief Fund and the Lord's Taverners charities.

Newham's cricket stars:

More than 100 young people attended the special charity match thanks to Flav and Newham's Community Neighbourhood teams.

They included:

- > Brampton Manor Academy, East Ham (Flav's former school)
- > Rokaby School, Clanning Town
- > Cumberland School, Plaistow
- > Uxter Community School, Plaistow
- > Langdon Academy, East Ham
- > Forest Gate Community School
- > Stratford School Academy
- > Kingsford School, Beckton
- > West Ham Cricket Club
- > Newham Cricket Club
- > Newham Cricket Club Academy
- > Stratford School Academy, Forest Gate
- > Kingsford School, Beckton

For more information about cricket in Newham visit
www.activenewham.org.uk/cricket or www.newham.gov.uk/summer

owls them over



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A test that's **easy to take**

One in 14 men and one in 19 women will be diagnosed with bowel cancer at some point in their life. Around 76 people are diagnosed with the disease each year in Newham and 95 residents lost their lives to the disease between 2011 and 2013.

However, there is a free and simple way to catch the cancer early: regular screening. This potentially lifesaving test is sent to residents aged between 60-74 who are registered with a GP every two years.

The screening kit provides a simple way for you to collect small samples of your bowel motions. You wipe the samples on a special card, which you then send in a hygienically sealed Freepost envelope to a laboratory for testing. There are detailed instructions with each kit.

You carry out the screening test in the privacy of your own home, and completing the kit could help to spot cancer earlier, which could save your life.

"Once I realised how important it was for my health, I could not ignore it"

Javed Akram lives in East Ham. He recently returned the test, and stresses the importance that others do the same. He said: "I received a letter with this kit, which explained that it was a test for bowel cancer. The instructions were easy to understand and the message was clear. Once I realised how important it was for my health, I could not ignore it."

In Newham, more than 7,300 residents have already returned their kit over the past two and a half years, but this is still lower than the national average so it is important that more people in the borough take the test. At the Over 50s men's group Mr Akram attends at

the Katherine Flood Community Centre, the test's importance is clear. Mr Akram added: "Not everybody in the community knows about the test, but at our group I think everyone does. A lady came to our Over 50s Group from Canning Town-based charity Community Links and gave a talk on this subject – education is very important, otherwise people will ignore it."

The screening kit is easy to complete. Collecting a sample only takes a minute, and the packaging is provided. Storing the samples properly means that the process is not unhygienic or dirty, and the postage to return the kit is pre-paid, so there is no cost to complete the test. Mohammad Nawar, a resident of Green Street, is 64 and also attends the Over 50s Group. Like many people, he was initially reluctant to use the test, but quickly changed his mind. He said: "I thought 'to be honest with it, it was a bit too personal'. But after I read the information that came with it, I was happy to use it, and I've completed the test a couple of times now. I think everyone should do it: it's very important."

Dr Anil Shah, local GP and a clinical lead for NHS Newham Clinical Commissioning Group said: "Spotting cancer early saves lives. If you are sent a testing kit please take the time to do it and return it."

"The risk of cancer increases as we get older and while we can't stop the time clock, you can take up the free screening that's offered to you through

the NHS. This could enable you to live a healthier life for longer, which means more time to do the important things in life, like spending time with family."

"If you have an older person in your family, especially if English is not their first language, please talk to them about the importance of returning the kit."

"I think everyone should do it. It's very important."

If you're aged between 60 and 74 and haven't received a kit, or if you have lost yours, then call freephone **0800 707 00 00** to request one. People aged 75 or over can also request a kit by calling the same number. Bowel cancer screening is coordinated using information held by your local GP. It is important to register with a GP if you have not already done so. To find one near you, visit www.nhs.uk



Dr Anil Shah



Imad Razzouk



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Let's

talk

about

what

matters

most

Next year Newham Council needs to make savings of £50million because of deep cuts in funding from the Government and other cost pressures. In the months ahead we will be asking residents about the services that matter most to them and how savings might be made.

The majority of the council's money for services including supporting the most vulnerable, cleaning streets and running leisure centres, comes from the Government. The rest comes from other sources including Council Tax or fees and charges for services.

Newham is the second most deprived borough in the country, but next year our funding will be cut by £284 for every home in the borough while Richmond, a wealthier part of London, is being cut by just £57 per home.

The amount the council needs to save is more than we currently spend on street cleaning, collecting bins, street lighting and running libraries combined. Over the past five years the council has already seen funding from the Government reduced by £106 million.

Mayor Sir Robin Wales said: "The years ahead will be hugely challenging. We know we will have to reduce our spending so we will have to make some tough decisions.

"So far, through our relentless focus on efficiency, we have protected the frontline services that matter most to local people. We want to continue to invest in the things that can make the biggest difference to the lives of residents in the long term. That's why in the months ahead we will be listening to residents and businesses, collecting ideas so that everyone gets a say in our future plans."

Through Newham's Budget Challenge consultation we want to hear your views on the difficult choices we face to help us set our budget. We need your input so that when we make these decisions we prioritise the things that matter most to you. For information and to register for updates visit www.newham.gov.uk/budgetchallenge

Row your boat this summer

Every summer in Newham, thousands of residents head outside to enjoy sport across the borough. As well as top facilities for football, rugby, cricket and athletics, Newham also boasts a top class watersports venue.

The London Watersports Centre is situated on Dockside Road, E16, on the edge of Royal Albert Dock. It is one of only four 2,000m rowing and kayaking centres in the UK. This state-of-the-art centre is the ideal place to try a range of sports and activities, and it's easier than ever this summer with a range of taster sessions, courses and opportunities. Support from Newham Council enables London Youth Rowing to offer residents and those in education in Newham an affordable way to try watersports on their doorstep.

For instance, the Give Us 5 Summer Course allows young people aged 11-

16 to sample five different watersports: rowing, sailing, canoeing, kayaking and ball boating. Sessions cost just £2, with dates available from 27-31 July, 3-7 August and 10-14 August. All equipment is provided and all you need to bring is appropriate footwear and clothing as you might get a bit wet!

Mark Hunter took Olympic gold at Beijing in 2008, and silver in London 2012. He is Performance Director of London Youth Rowing, and encourages young people to try a watersport this summer. He said: "A sport like rowing offers something different. It's a social thing, you can be out there this summer in the sunshine, and it's all about having fun. When the kids come down to the London Watersports Centre, all the equipment is laid on for them, so you can just get involved."

"I started rowing when I was 14 and can remember watching on TV the Olympics in Barcelona and I was really inspired by what I saw. We've definitely seen a big improvement in numbers here since the Olympics in London, and one of the most exciting things is that more girls are getting involved now, as well as the boys. You can row at any age, and you can just focus on enjoying yourself."

In partnership with the council, London Youth Rowing work with a number of schools in the borough to give their students the opportunity to get involved in the sport. Lauren Nelscott is 16 and attends Brampton Manor Academy in East Ham. She started rowing five months ago and recently competed for Newham at the London Youth Games, the same competition Mark Hunter excelled in as a teenager.

Lauren said: "It was just something I





tried in PE class and enjoyed! I like the fact that it's a way of exercising, as I don't really enjoy other forms of exercise. It's also fun to be able to get out on the water – it feels really different to just sitting on a rowing machine."

"A sport like rowing offers something different. It's a social thing, you can be out there this summer in the sunshine, and it's all about having fun."

Lauren also agrees with Mark Hunter about the social side of the sport, and added, "You get to meet new people. Some of my friends do it, but don't want to compete – it's just something you can enjoy."

Developing your skills...

As well as taster sessions in the Give Us 5 programme, the Watersports Centre also offers longer two or four-day Learn2 courses, to develop your skills further and gain nationally recognised qualifications, starting August 17, 18, 24 and 25.

If you enjoy the summer activities and want to keep rowing, London Youth Rowing have a range of options to help, from joining a local rowing club or applying to join a Rowing Academy at a local partner school in the borough.

For more information about what's available and to book your session for the summer, visit londonyouthrowing.com or call 0207 473 3553. Be sure to book by 15 July to avoid disappointment. Also visit www.newham.gov.uk/summer





Newham in pictures



1 Forged from steel Eduardo Paolozzi's sculpture of Vulcan, the Roman god of fire and blacksmiths, stands proudly at Royal Victoria Dock. E16 The sculpture forms part of a new sculpture walk The Line, running from Stratford to North Greenwich. 2 The small-faced Youngsters enjoy a day in the sunshine as they celebrate 50 years of the London borough of Newham, at Canning Town and Custom House Big Lunch in Memorial Park. E15 3 A piece of cake! Students get baking in aid of a new library for Kennington School in Manor Park. E12 4 Workin' at the car wash! Members of the BGS Swaminarayan Temple raise more than £1,800 in a charity car wash in aid of the Nepal earthquake appeal at Brighthelm Road Car Park. E13 5 Head over heels! Residents can't contain their excitement at Newham's 50th anniversary Big Lunch event in New Beckton Park. E8

Only put these items in your recycling bin



Please put all general waste
in your rubbish bin.

www.newham.gov.uk/recycling

Get Active, **Get Healthy!**

As we get older, it is important to stay fit, and take care of our physical health. That's why Newham's Community Neighbourhood Teams are launching **Get Active Get Healthy**, a new programme of physical activities designed for Newham residents aged 50 and over. No matter where you live in our borough, there will be more options than ever to get active, without spending a penny.

Launching in the coming weeks, Get Active Get Healthy will provide a huge range of activities, to help you develop a healthy lifestyle. Getting fit doesn't have to mean going to the gym, and it doesn't matter if you're not used to exercising regularly – you'll find something to suit you, whatever your current level of fitness. As well as traditional forms of exercise like aerobics and Zumba classes, why not take a turn at salsa or line dancing, loosen up with a Tai chi class or join a walking

group? There will also be classes available on healthy eating and nutrition, to help you make changes to your lifestyle and improve all aspects of your health.

The majority of the activities offered are free of charge, and classes will be held across Newham's libraries and community neighbourhood centres. All activities will be led by professional and experienced staff so you will be in safe hands every step of the way.

Councillor Ken Clark, Cabinet member

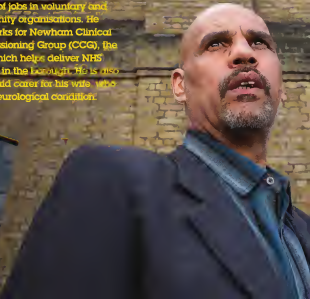
for Building Communities, Public Affairs, Planning and Regeneration, said: "A lot of people think exercise isn't for them, but Get Active Get Healthy offers options that are easy to do, and these sessions are a great way to meet friends and make new ones."

The final timetable of activities will be announced soon, but you can get more information by visiting www.newham.gov.uk/getactive or dropping into your local library or community neighbourhood centre.



Help care for the carers

Wayne Farah has lived in East Ham for 20 years and has had a variety of jobs in voluntary and community organisations. He now works for Newham Clinical Commissioning Group (CCG), the body which helps deliver NHS services in the borough. He is also an unpaid carer for his wife, who has a neurological condition.



Getting the right support has enabled Wayne to look after himself while continuing to excel in his career and look after a family member.

Wayne has been acting as a carer for his wife for nearly eight years, though until recently he was unaware of the full amount of support available to him.

He said: "I am vice chair of the Board of the CCG, and I also have a role in leading Patient and Public Engagement. This means I make sure patients' voices are heard in the NHS here in Newham and that the public are involved in the choices that are made about healthcare.

"I would definitely encourage other people to seek out advice and support from the services that exist, because those services can make all the difference."

"As part of my job with the CCG I was working on a project with the Newham Carers' Network, which is one of the services Newham Council refer people to. Even though I have worked in the NHS for quite a while, I didn't perceive myself as a carer. I have since learned that lots of people who take on a caring role don't recognise themselves as carers. This is a problem, because they don't know about the services available, which can be very helpful to them."

Among those who help look after a loved one, there is often confusion between 'carers', who are unpaid, and 'care workers' who are paid for their work. The difference is important because unpaid carers are entitled to support for themselves and the person they are caring for.

Wayne sought advice about his situation and as a result was given information and started to access physical health classes. He said: "Carers have a lot of demands on

their time, and when you care for someone, the easiest thing to sacrifice is time for yourself. But it's so important to look after yourself. I started to attend Tai chi and pilates classes, focusing on my own health and wellbeing. That helped me get back into the gym and I found the time to start running again. I used to do a lot of running, but it was something I had let go of."

Wayne believes it's important for everyone to get the support they need. He said: "I was very fortunate. It was just a coincidence that because of this job I happened to be doing, I then knew who I could approach for help.

"I would definitely encourage other people to seek out advice and support from the services that exist because those services can make all the difference. Recognising myself as a carer also helped me to have more conversations with my wife about the situation. She was getting worried about me, but now I feel I can take an hour out, and she encourages me to do that. It's a Catch 22 for a lot of people, because you can't care for someone else if you're not looking after yourself."

If you, or someone you know, is caring for someone then you can request a carer's assessment from the council. This will involve a discussion of your needs and, if eligible, you could choose a direct payment to spend on the things that make caring easier, or practical support, like arranging for someone to step in when you need a short break. To find out more, visit www.newham.gov.uk/carers or email carers.team@newham.gov.uk or call 020 8430 2000 (option 2).

Newham One Stop Shop



Confidential advice and support is available at the
Newham One Stop Shop



Call the 24hr Support Line

0845 451 2547

2 Central Park Road, E16 3DY
Opening hours: Sat - 8pm, Mon - 10 (Thurs Sat - 8pm)

Aged 40-74? Find out about our FREE NHS Health Check

Are there any signs or symptoms of heart disease, stroke, kidney disease, diabetes or dementia?



For more information visit
www.nhs.uk/nhshealthcheck

**NHS
HEALTH
CHECK**

In partnership with
Newham London



Newham Council
provides **FREE**
swimming for
Newham residents
aged over 60 and
under 16

We are changing Fun Swimming

You can now book your fun swimming sessions
in advance.

Each of Newham's leisure centres has two pools for fun
weekend swimming sessions that are great for the whole
family. There are also special sessions every day of the
school holidays.

Avoid the queues and book your place by going
to www.activeNewham.org.uk/fun-swimming or
by calling 0300 124 0123.

Pitch up and have some fun

In our busy and bustling borough, the countryside can feel far away. But a relaxing leafy getaway is closer than you think and can cost a lot less than you might expect.

Debden House and Campsite is a 50-acre site of green tranquility in Epping Forest that is owned by Newham Council. It's a short drive away from Newham or a few stops east along the Central Line on the Tube.

Debden House offers a Family Camping Offer, making camping easy. Everything you need including tents, ground sheets, roll mats and cooking equipment is provided. All you need to bring is your sleeping bag. Better yet, the Family Camping Offer gives huge savings in the pocket, slashing the price for Newham residents on a two or four-night stay for any family group of up to six members.

- > Two-night stay for up to six family members: £25 (normally £54)
- > Four-night stay for up to six family members: £49 (normally £158)
- > At least half the group must be children aged under 16.

Smaller groups are also welcome with a discounted rate of £7 per adult, £3.50 per child and £3.50 per electric hook up. All prices quoted are per person, per night, and smaller groups need to provide their own equipment.

The facilities and environment at Debden House are above and beyond what you can find in other campsites. Features include:

- > a range of fields, with hundreds of pitches
- > one of the few remaining carparks to allow open fires in some fields
- > shower block
- > café and shop
- > children's play areas
- > cycle hire
- > 24-hour staffing and security
- > access to the beautiful Epping Forest
- > nearby deer sanctuary



For more information, and to book for small groups, visit www.debdenhouse.com. To take advantage of the special Family Camping Offer, phone 020 8306 3008.



FOUNDATION LEVEL COURSE IN FAMILY SOLICITORS PRACTICE

A one year part time course, accredited by the Association of Family Therapists. The first step in gaining a professional qualification is a free to attend compulsory course. Please contact for October 2015.

Find out more, come to a taster workshop on:

Thursday 17th May 2015
Saturday 17th June 2015
Saturday 17th July 2015
Times: 10.00am – 4pm
Venue: Studio 8
TTS-200 High Street, E15 2PL

Visit our website for www.newham.gov.uk/tts for more information and an application form. Furthermore, please phone: Or call us on 020 8472 3100 or 020 8472 03602



Newham London

Newham Council's Fleetcare

Can MOT all vehicles in classes 3, 4, 5 & 7
(Up to 3 500kgs design gross weight) by appointment only

Class 4 – Car – currently £40



Book online www.newham.gov.uk/MOT
Or contact us on 020 8472 0343

Central Depot, Folkestone Road, East Ham, London E6 6EX



thenewhammag
To advertise here call Julie Modell
on 07890 529 090 or email
julie.modell@newham.gov.uk

Talk to us



or 'Talking Therapy in 1'

Are you like lots of people feeling fed-up,
down, worried or stressed?



CALLING ALL OLDER PEOPLE!

Are you living with a long-term health condition, which is
getting you down?

Would you like to talk to someone and learn practical ways to
help you get back to living a full and meaningful life?
If the answer is yes, we would like to hear from you!

Please give us a call on 0208 475 8888 or visit
www.newhamtalkingtherapies.nhs.uk

East London **NHS**
North Foundation Trust

Independent Custody Visitors

Make unannounced visits to local police stations to
check on the treatment of people detained by the
police. They observe and report on conditions in police
cells. This is a voluntary role but full training will be
given and expenses paid.

If you could fulfil this vital role and are over 18, living or
working in London

email icvrecruitment@mospace.london.gov.uk
or go to www.london.gov.uk/icv

for more information and an online application form.

No place like home to start recycling

Recycling household items helps to save energy, conserve resources and protect our environment. Recycling used items into new products reduces the amount of rubbish that is thrown away. Using recycled materials in the manufacturing process helps conserve raw materials, reduce harmful emissions and protect natural habitats.

Many Newham residents already recycle, and with these top tips you could recycle even more items around your home

- > Put a second bin in your bathroom to collect recyclable items
- > Polystyrene cannot be recycled, so remember to take it out of cardboard boxes first
- > Give plastic bottles, tins and cans a quick rinse before recycling them
- > Put anything that cannot be recycled in your rubbish bin

For further information about recycling visit www.newham.gov.uk/recycling

AROUND THE HOME: THE DO'S

In the bathroom...

- bleach bottles
- shampoo bottles
- shower gel bottles
- cleaning product bottles with 'trigger' sprays (but unscrew the trigger spray first and put it in your rubbish bin)
- toilet roll tubes
- cardboard boxes from toothpaste

In the kitchen...

- cereal boxes
- cling film boxes (but not the cling film)
- cardboard sleeves from ready meals and other food
- washing up liquid bottles
- plastic water bottles
- fizzy drink bottles (plastic)
- cans or plastic bottles for cooking oil (but please rinse out first)

- food tins (please rinse first)
- drink cans

In the living room...

- newspapers
- magazines
- television pizza boxes
- cardboard boxes from online shopping



THE DON'T'S

Dirty and non-recyclable items can contaminate your whole recycling collection making it unusable. Please ensure that you do not put the following into your recycling collection:

- aerosols and paint tins
- books – donate to your local charity shop
- cling film
- food
- glass bottles and jars
- hypodermic needles or other sharp objects
- juice, soup, milk and similar liquid cartons
- metals – these can be taken to Jenkins Lane Reuse and Recycling Centre in Beckton
- nappies
- paint
- plastic packaging
 - margarine tubs
 - plastic meat trays
 - yoghurt pots and lids
 - polystyrene



Support for victims of hate crime

East London Out Project (ELOP) welcomes Newham residents to their new support group for those who have been a victim of LGBT discrimination. The group gives an opportunity for people to unite, gain peer support, and have the opportunity to share and explore experiences in a supportive environment. Information is available about legal rights, how to report hate crime, and investigations and prosecutions.

The group meets on the fourth Friday of each month (next meeting 07 June) between 5-7pm at the East London LGBT Centre, 56-60 Grove Road, Walthamstow, E17 5BN. For more information email info@elop.org or call 020 8606 3698.



School's big bake off

A Manor Park primary school has been baking up a culinary storm, raising £360 towards a new library. Kensington Primary School hosted their Bake Off event earlier this month, inviting both parents and pupils to submit their best baked goods and bringing the local community together to sample the tasty treats. A panel of judges awarded top prize to Year 5's Anisha Tettey, who was awarded a hamper of cooking utensils.



Swot up for charity quiz

The Islands of Community Links are staging a Summer Quiz Evening to raise funds for the Canning Town based charity. The event will be held on Thursday

25 June at Community Links headquarters in Barking Road, Canning Town, E16 4HD from 7pm. The cost per team, which may have up to eight members, is £50. The winning team will each receive a bottle of wine, and the coveted Canning Shield.

A fundraising raffle will also be held on the night. Attendees should bring their own refreshments. To book a table, or for more information, email: Kevin Jenkins at kjenkinservices@hotmail.co.uk or call 07060 457 727.



Get set for community fun day

Lister Community School are teaming up with the West Ham United Foundation to provide residents with a free summer fun for the whole borough to enjoy.

This afternoon of fun follows the huge success of a similar event last year, and will take place on Sunday 4 July, 12noon-4pm. The free activities will include sumo wrestling, pedal karts, raffles, a football festival, stalls, a bouncy castle, competition, a children's play area and much more.

Entrance to the event will be on Entrance on St. Mary's Road, Plaistow E13 9AE. For more information about the day, email tail@lister.newham.sch.uk

East Ham wordsmith wins award

Schoolboy Pawan Pattajaporn, nine, from East Ham, has won a prize in the Young Writers' annual competition *Draw Up a Picture*. His story entitled *The Amazing Fight Of The Universe* will now be published in the *Young Writers' Annual*. For more information about Young Writers and to submit a story or picture, visit www.youngwriters.co.uk

The Amazing Fight Of The Universe

Once upon a time, there was a superhero called Great Super, who travelled around the world until he met a villain called Gecco Trouble. They both had a fight. Gecco Trouble tried to hypnotise Great Super but Great Super absorbed it with his elemental gas and shot a ray that was called Temper Element.

It gave Gecco Trouble massive damage. Gecco Trouble used his most powerful attack of all, Doom Destruction. Great Super just flicked it into the air like it didn't weigh, and tremendously defeated Gecco Trouble so the universe lived happily ever after, and Gecco Trouble had lost.



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry

GALLERY

Winner



Julia Kowalska, 7



Simone, 10



Hilary Odean, 7



Lucy Sped, 7

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Jokes

Q: What do you call a happy penguin?
A: A penguin!

Q: What do you get when you mix a teacher with a vampire?
A: A blood test!

Q: Why did the cow cross the road?
A: To get to the other side!

Q: What do you get when you mix a Greek tyrant with a dinosaur?
A: A Tyrantasaurus Rex!

Hatib Rahman, 9

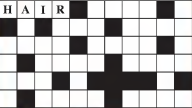
Colour-me-in Wordfit

3 letters

ARE
INE
LEE
OUT
SPA

4 letters

ADAM
CHEF
EMIR
GAME
HELD
MEND
PIKE
REAP
ROOM
SNUG
STAR
TAME
UTAH
ZERO
ZEST



WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

Slugs, Bugs and Silms – Sat 27 and Sun 28 June Discover Children's Story Centre, Stratford E15 4QZ Last weekend of Discover's month about bugs, worms and other small creatures. £4.50 Newham residents, under 2s free. Call 020 6006 5555

2

Get active with your pooch – Tue 23 June 11am-4pm Central Park, D6 The Dog's Trust host a free event, with advice on your dog's health and wellbeing, and free moped clipping

3

Milk Bar – Thurs 2 July 9.30-11am, BRACE at the Salvation Army, 1 Paul St, Stratford E15 4QB A drop-in session for parents and babies. Advice and support for baby's health and nutrition. Call 07789 963 151

MENTION THE MAG...

A new craft club has been launched at the Gurdy Community Centre, Harington Road, E16 3NP. The sessions run on Wednesdays, 2-4pm, with the opportunity to learn a range of skills including crochet, knitting, painting, flower arranging and more. Usually £2, mention this copy of the Newham Mag to get your first class for free. The offer runs until the end of July. For more information, or to find out about upcoming activities at the Craft Club, email maryholland@holm.co.uk or call the Gurdy Community Centre on 020 7474 6056



TRY SOMETHING NEW... POND-DIPPING

Fludding young David Attenboroughs can get closer to nature with pond-dipping, which invites children (carefully supervised) to explore the animal and plant life lurking in West Ham Park's wildlife pond. The activity forms part of the Wild at West Ham Park event, taking place on Sunday 28 June, 12noon-4pm, meeting near the playground at West Ham Park, E7 6PU. There will also be a treasure hunt and craft stall to enjoy at this free afternoon of outdoor activity

Indicates free sessions

Literacy unless stated

UNDER-FIVES

Music and Rhyme

Tues, 10.30-11.15am,
Custom House

Rhyme Time

Thurs, 1.30-2.15pm, Custom
House, Mon, 4-4.45pm,
Ganning Town

Storytelling

Mon, 11am-12noon, Tues
10-11am, Beckton Globe, Mon
10.30-11.15am, Custom House,
Tues, 10.30-11.30am, Ganning
Town, Tues 11am-12noon, The
Gate, Tues, 10.30-11.30am,
Thurs, 9.45-10.45am, East
Ham, Sat 11am-12noon, Green
St, Fri, 10-11am, Manor Park,
Thurs, 2-3pm, North Woolwich,
Tues 10-11am, Thurs, 2-3pm,
Plaistow, Tues and Fri 11am-
12noon, Stratford

Stay and Play

Support for parents and carers
to develop their child through
play. **Rate free.** Weds 10am-
12noon and Sat 11am-1pm,
Stratford. Thurs, 1.30-3.30pm,
Jack Cornwell C.C., Tues, 9.30-
10.30am, Joyce C.C., Tues,
10am-12noon, Greenrook,
Thurs, 1-3pm, North Woolwich
Tues, 2-4pm, Thurs, 2-4pm,
Sat, 12noon-1pm, Green St

Music and Movement

Sessions for parents/carers
and children
Mon 10.30-11.30am, Greenrook,
Thurs, 1-1.30pm, North Woolwich

Baby Sing-a-Long

Thurs, 1-1.30pm, North Woolwich

YOUNG PEOPLE

Board Games Club (7-12yrs)

Play chess, Checkers, Ludo,
Pictionary and more. **Rate free.**
Thurs, 4-6pm, Green St and
Custom House, Thurs, 4.30-
6pm, North Woolwich, Tues and



Fr 4-5pm **Stretford (Term time)**,
Sat 2-3-4pm, **Minor Park**

Games Club (7-16yrs)
Sony PS3, Xbox360, Nintendo
Wii, board games and more
Tue: 3-30-5 15pm, **Custom
House**, Mon, 3-30-5pm, **Plastow**
Thurs: 4-6pm, **Canning Town**
Wed: 3-30-5pm, **Forest Gate**

Network Club
Mon, 3-30-4 30pm, **North
Woodwich**, Mon, 4-6pm,
Stretford, Weds: 3-30-5 7pm,
Minor Park, Thurs: 4-6pm
Plastow, Fri 3-30-5 30pm,
Canning Town, Fri 4-6pm,
Beckton, Fri 4-6 30pm, **East
Ham**, Sat, 10am-12noon, **The
Gale**, Sat 2-3 30pm, **Green St**

**Proud Young Project
(7-16yrs)**
Activities for young people, Mon,
3-30-5 30pm, **Jack Cornwell C C**

Children's Movie Club
Booking essential, Thurs
4-6pm, 7-12yrs, **The Gale**
Tue: 3-30-5 30pm, 0-12yrs,
(under 8s must be accompanied
by an adult), **Green St**

Arts and Craft Workshop (5yrs)
Mon 3-30-5pm, **Fr 3-30 5pm**
Sat 1-2pm, **Green Street**, Tues,
4-6pm, **Plastow**, Sat 2-3pm,
Canning Town, Sat 2-3pm,
Custom House

Young Readers Club (7-12yrs)
Read and discuss your favourite
books, Tues, 4-5 15pm, **North
Woodwich**, Sat, 10-30am,
12noon, **Minor Park**

**Children's Movie
Middie (0-12yrs)**
Sat 3-30-5 30pm, **Green St**

Let's Start Sewing (7-16yrs)
Beginner sewing classes
Sat, 12noon-3pm, **Woodman
C C**, **Woodman St**, E16, Email
dretsmiles@btinternet.com

Spelling Bee Club (7-13yrs)
Tues, 3-30-4 30pm, **Green St**

Spanish Club (7-14yrs)
Wed, 4-5pm, **Beckton**, Email
vane_maria@hotmail.co.uk

ACTIVITIES AND SUPPORT

Time-2-Craft (16yrs+)
Sat, 10am-12noon, **Stretford**

Chess Club
Mon, 5-30-7 30pm, and Thurs,
5-30-7 30pm, **East Ham**
Wed: 3-30 5pm, **Green St**
Thurs, 5-30-7 30pm, **Stretford**
Fri, 3-30-5 15pm, **The Gale**

Coffee Mornings
Tue: 10-11 30am, **Beckton**
Tues, 7-9am-12 30pm, **Custom
House**, Thurs, 10-11 30am,
Canning Town, Thurs, 10-11 30am,
North Woodwich, Fri
10-11am, **Joyes C C**

Do it Online (16yrs+)
Six or eight week basic
computer training. Advance
booking required, contact Mary
directly, Tues, 10am-12noon
and Thurs 10am-12noon, **The
Gale**, Tues, 10am-12noon, **East
Ham**, Tues 10am-12noon and
2-4pm, **Plastow**, Mon, 10am-12noon,
Minor Park, Weds: 11am-1pm,
12noon-2pm, **Thurs, 10am-12noon**,
Green St, Thurs, 10am-12noon,
Katherine Rd C C, Wed, 10am-12noon,
Plastow

Knit & Natter (16yrs+)
Wed, 10am-12noon, **Beckton**,
Fri, 10-30-12 30pm, **Canning Town**,
Fri, 10am-12noon, **East Ham**,
Tue, 10-30am-12 30pm,
Minor Park, Weds: 10-30am-12 30pm,
Green St

ICT Surgery
IT advice for all ages, Mon 10am-12noon
and 2-3pm, **Plastow**
Wed, 10-30am-12noon, **Stretford**
Fri 2-4pm, **Canning Town**

Weekly Get Together
By new things, Weds,
10-30am-12 30pm, **Green St**,
Call 020-3373-0857

Love Newham app
drop-in Lates how to report
issues via the app, Mon,
10-30-11 30am, **The Gale**
Mon, 7-9am-12noon, **Green St**

Inspire Futures Drop in
Advice on ESOL and citizenship
Thurs, 2-4pm, **Green St**

Community Links Drop in
Debt, housing and benefit advice.
Call 020-8548-0625 to make an
appointment, Thurs 25 June
3-30-5 30pm, **Alhambra Road
C C**, Call 020-8548-0645, Mon 22
June, 12-3pm, **Green St**, Call 020-3373-0857

ICT Drop-in Session
Set up a My Newham profile
and create an email account
Fri 10am-12noon, **The Gale**
Fri, 10am-12noon, **Green St**

Binge Night (16yrs+)
Thurs: 6-7pm, **Green St**

East Ham Youth Zone
Sony PS4, DJ decks and other
activities, Tues 4-7pm, **East Ham**

Nappy Telling Club
Indoor and outdoor activities
for over 60s, Tues and Weds,
1-30-5 30pm, **Joyes C C**

**Safer Neighbourhood
Team Drop-in**
Fri 12noon-1pm, **Stretford**
Wed 24 June, 3-4pm, **Green
St**, Thurs 25 June, 10-11 30am,
Canning Town, Tues 30 June
11am-12 30pm, **Custom House**

New Deal Club
Opportunity to learn new and
existing things for members, Mon,
6-8pm, **Stretford**, Go up to E2

Silver Surfers IT Course
Fri 2-3 30pm, **Beckton**

Support in Action
Thurs, 12noon-4pm, **Joyes C C**

Martial Arts (16yrs+)
Tues, 5-6pm, **Jack Cornwell C C**

**Get on Target Business
Advice Surgery** Tues
12noon-3pm, **North Woodwich
C C**, 07981-576-483 to book

**SpEC Speaking English
with Confidence**
Mon, 10-11am, **Plastow**, Mon,
11am-12noon, **East Ham**, Mon
10-11am, **Weds 10-11am**
Thurs 10-11am, **Green St**, Tues
1-30-2 30pm, Thurs 6-7pm, Sat
10am-12noon, **Stretford**, Weds,
10-11am, **Minor Park**, Weds
11am-12noon, **Canning Town**,
Weds 11am-12noon, **The Gale**

**Free English
Conversation Club**
Weds 11am-12noon, **Canning
Town**, Weds, 11am-12noon,
The Gale, Weds 10-11am,
Minor Park

Life in the UK Classes
Weds, 10am-12noon, **East
Ham**, Fri 12-30-2 30pm, **Green
Street**, Weds, 12-30-2 30pm,
Fri, 10am-12noon, **Plastow**,
contact 020-8547-3304 for
information

Together We Can
Fortnightly social group for
adults under 50 years who
have had a stroke
Fri 25 June 2-4pm, **Plastow**

**Chai and Chat Women
Group (16yrs+)**
For women who use mental
health services, Weds,
10-30am-12 30pm, **Plastow**

**Ebony East Steel Pan
Academy** Tues, 4-30-6 30pm
(14-16yrs), Weds 3-30-5 30pm
(8-17yrs), One Love Community
Centre, 1 Bishop Avenue, E13
DFU, Call 07585124701, E4
Tel session free

Friday Film Club
Fri, 5pm, **Plastow**

Grants Surgery
Guidance for Let's Get the
Party Started and Go For it
grants, Thurs 25 June 4-6pm,
Minor Park

**Newham Steelband
Sessions for beginners**
Tues and Thurs, 6-30-6 43pm,
Canning Town, Cassanova, 110-116
Stretford Way, E16, E4, To
register call 07927-664-629

Work Place Drop-ins
Weds 24 June, 2-4pm
Stretford, For more information
email nihans.b@newham.gov.uk

Sewing Bees (16yrs+)
Sat 2-4pm, **The Gale**

Writers Group
Thurs 25 June, 5-6-7 30pm,
The Gale

Dental Health Drop-in
Thurs 2 July 3-5pm, **The Gale**

CYANA

Cancer Now Are Not Alone, information and advice. Thurs 25 June, 3-5pm, The Gate

Games Group

For adults with Asperger's Syndrome and High Functioning Autism. Thurs, 25 June, 7-8pm, Playhouse

Table Top Sale

Sat 27 June, 9am-2pm. Jack Cornwall C.C. £5 per table

COMMUNITY ACTIVITIES



Bumps and Babies

(up to 1yr) A free home based meet up every Wed, 1-3pm for expectant parents and those with babies. Email nowhamcc@bt.com

Meet and Greet

Mums, Bumps and Babies. We in various cafes around Newham. Visit www.mums.com or email jugstowe@bt.com

Royal Docks Learning & Activity Centre

Mon, Needlecraft, 10am-12noon, £5. Tues, Parent and Toddler Group, 10am-12noon £1. Bingo 10am-12noon, £1. Wed, Keep Fit, 10-11am £2. Employment 1-2-1 support, by appointment. Crèche available Thurs, 9-11am, £2, first session free, 10-12pm-12noon. Line Dancing £1. First session free 1-3pm. Mon-Fri, After School Club for Gellons, Briarlane Village, St Joseph's and Drew primary schools. Mon-Fri, Open Access After School Club, 4-6pm £3 per day. Royal Docks Learning & Activity Centre, Albert Rd, E15. Call 020 7470 1555. Visit www.rdlac.org.uk. Search rdlacomunity on Facebook

Junior Volunteer Police

Cadets (10-12 yrs, term 20m) Wed 3-3.30pm Little Bford School, Browning Rd, E12 £1

Senior Volunteer Police

Cadets (13-17 yrs) Wed, 6.30-8pm, Little Bford School, Browning Rd, E12

E2.60. Thurs, 6.30-8pm, Eastern Community School, Eering Rd, E15. £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE



Boxing (Newham College)

Mon 5-6pm East Ham College High St South E8

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs Mon to Fri, 5-6pm 14+yrs Woodman St North Woolwich, E16. Call 020 7474 0054

Punch Out (16yrs+)

Fri, 4-5pm, Katherne Rd C C 254 Katherine Rd, E7

Ocklands Shoulin Karate

Mon and Wed, Juniors and beginners 7-8pm, all other grades 8-9pm. First session free, under-16s £4, 15+ £6, cones £5. UEL SportsDeck. Call 07786 685 659

Stratford Judo

Competition training Juniors (8-14yrs) Tues and Thurs 5.30-6pm seniors (15+yrs) Tues and Thurs 6-6.30pm. Beginners Juniors (8-14yrs) Wed, 5.30-7.45pm; seniors (15+yrs) Wed, 7.45-9.15pm. From £2.25 per class. Capenters and Dockland Centre 86 Oldfords Rd E15. Call 07925 201 260. www.stratfordjudo.com

West Ham Boys ABC

Mon, Wed, Fri, mixed (8-16yrs), 5-6pm. Sat, boys (8-17yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd E15. Call 020 8472 3614

Jedain Martial Arts

Tues and Thurs 5.30pm sun, 9-10am. Martial Arts Centre 27 Pembord Rd E15. £5 on-line for NLF users. Call 07703 594 338

HEALTH AND FITNESS



Janice's Fitness

Mon, 7-15 7.45pm, Battersea, E3, The Hartley Centre, E8. Call 07818 000 643

Twisted Pink Street Dance

7+yrs, Thurs, 6-7pm, St

Lakes Church, Tooting Rd E15 12+yrs, Fri 8-7pm, Maryland Studios, 84 Leyland Rd E15. £3. Call 07961 544 017

Zumba fitness

Mon and Weds, 7-8pm, ES and D4 for 2nd class. Vantage Ln Community Centre, Gower Ct E15. Call 07500 898 655

Zumba

Wed and Thurs 7-8pm London Tamil Sangam Centre 556 High St North E12 6PD. £5. Call 07720 825 525

Unity Zumba

Mon 8-9pm Hartley Centre, Barking Rd E8. Tues, 8-9pm, St Mark's Centre, Tolgate Rd E8. Weds 8-9pm Hartley Centre, Barking Rd E8. Thurs, 8-9pm, St Mark's Centre, Tolgate Rd, E8. Sun, 6.30-7.30pm The Vibel Community Centre, Mooring Ln E5. £5. Call 07936 594 573

Let's Yoga

Thurs 6.30-7.30am Grassroots, E5, Sat, 10am 12noon Joya C C, E1. Wed, 7-8pm, Joya C C, E1, Thurs 7-8.30pm, Field C C, Free

Lee Valley Cycling (12-25yrs)

Wed 4.30-6pm, Lee Valley VeloPark, £5 or £20 for 12 wk course. Pre-booking essential. email michelle.daniell@activeNewham.org.uk

Indoor Tennis

Mon 6-8pm, Lee Valley Hockey & Tennis Centre E3. Pre-booking essential. email michelle.daniell@activeNewham.org.uk

Mini Tennis

Tues, 4-6pm, and 5-6pm, East Ham Leisure Centre, 4-8yrs, Thurs, 4.30-5.30pm and 5.30-6.30pm. Newham Leisure Centre, 4-8yrs and 8-15yrs £50 for 10 sessions. Email michelle.daniell@activeNewham.org.uk

Outdoor Tennis (14-25yrs)

Fri 5-7pm Stratford Park Email michelle.daniell@activeNewham.org.uk

Tone-Tonic (16yrs+)

Mon, 2-3pm (free), Fri 10-10.30 11-12noon £1.50. Field C C

Salsa Dancing (16yrs+)

Tues 7-11.45am-12.45pm, Field C C

Ballroom Dancing (16yrs+)

Thurs 2-3.30 4pm Field C C

Athlete

All ages and abilities Wed, 11am 12noon, Jack Cornwall C C

Zumba

All ages and abilities Tues 10.30-11.30am Field C C (E1) Mon 9.30-10.30am, Jack Cornwall C C (E2) Fri 9.30-10.30am Jack Cornwall C C (E2 over 50s free)

Aerobic Exercise

Workout and body stretching Tues 9.30-10.30am Jack Cornwall C C E2

50+ ACTIVITIES



Age UK East London

Handie Walks (18+)

Tues 9.30-10.45am meet at Age UK East London Newham Branch 655 Barking Rd E13 Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park E20. Call 07569 838 242

Health Walks

Mon, 3pm starts by the War Memorial, Central Park E9. Call 07516 750 720. Tues, 10am, starts outside Prof a Manager at Stratford Station. Call 0844 414 2755. Tues, 1.30pm starts at the corner of Wansford Rd at the junction of Capital Rd and Woodford Rd. Call 0844 414 2755. Wed, 10.30am starts outside Hambley Centre, McGinsh Rd, E15. Call 07870 291 120. Thurs, 1.30pm starts at the corner of Wansford Rd at the junction of Capital Rd and Woodford Rd. Call 07506 744 555. Thurs, 3pm starts by the War Memorial, Central Park E9. Call 07516 750 720. Fri 10.30am starts outside St Mark's Community Centre, Tolgate Rd E8. Call 07928 744 555

Sat 10-11.30am; Windsor
Flats, E12 (just off Haverly Rd)
Charing Pavilion, Sat 10-
11.30am, Monocro Park, E15
or just off our park. Call 07718
334 874

SPORTS

Athletics

Newham and Essex Beagles
Athletics Club: Mon and Wed
8.30pm Foundation Groups
(6-10 yrs), Mon, 7-9pm and
Wed, 8-7pm, E25, Ilford
McMillan Stadium, Newham
Leisure Centre, E13. Visit www.
newhamandesserbeagles.co.uk

BMX (6-16yrs)

Sun 10am-12noon, E3 Goswally
Playing Field, St Albans Ave
E6. Call 07581 333 615

Fencing with Newham

Sword: Tues, 6-8pm, Thurs,
6-8pm, Fri, 7-10pm. Classes for
adults (16+), and non-paras
(6-7yrs). UEL SportsDock, Call
07555 618 595

Indoor Cricket (8-16yrs)

Wed 6-8pm, E2 Lister
Community School,
E73 email michèle.daniels@
activehamp.org.uk

Week Arrows Badminton

Club Adults: Fri, 7-9pm, Juniors
Sat, 10am-12noon, E73 Red
Horn LC Adults Weds, 7-10pm,
UEL SportsDock, Call 07552
037173

FOOTBALL

Amr Football (16yrs+)

Tues 7-9pm, Fri 10am-12noon
Memorial Park, Memorial Ave
E15, Fri, 9-10pm, Beckton
Football Club, E6. Visit
www.amrfootball.co.uk

Football and Athletics

Thurs 4-5.30pm, Brimley
Village, E5 Evelyn Rd, E16

Football & Multi Sports

Mon 4-5.30pm, Newham
Leisure Centre, E13
Wed 5-6pm, Stratford
MUGA, West Ham Ln, E15

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-
6pm, U16yrs, U18yrs, 6-7pm
Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs), Weds, 7-10pm
Newham Leisure Centre, E13

WNU Kicks

Mon, Tues, Fri, 4-7pm,
WHUGST, Beckton, E3,
60A, Alibabass Ct, E25 Thurs
6.30-7.30pm, Littleford Learning
Zone, 1 Factory Rd, E12 Thurs,
6.30-7.30pm, Stratford Park
MUGA, West Ham Ln, E16, Sat
10-12pm, Tinsford, Newham
Leisure Centre, E13

Association Football

Sat 10-11.30am, E3
Reception to 11yrs, King
George V Park, King George
Ave, E16, Call 07806 584 925

BASKETBALL

Basketball & Multi Sports

Fri, 5-6.30pm, 6-10yrs, Snowhill
MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs 5.30-6.30pm, Littleford
Learning Zone, 1 Factory Rd, E12

National League

Mon, 6-8pm, U13-14yrs,
Tues 5-8pm, U15-16yrs,
Rokley School, E76
Thurs 4-5.30pm, U13-14yrs
boys, U14yrs girls, 6-8pm,
U10yrs, Newham Leisure
Centre, E13, 6-8pm, U15yrs,
Cumberland School, E13

NCFE Sports - Basketball

Thurs, 7-9pm, East Ham
Leisure Centre To register
email sports@newham.ac.uk
or call 020 8257 4220

Senior Programme

Mon, 7.30-8.30pm, Division 2
women and division 3/4 men
Rokley School, E76, Call
07947 401 616

Newham All Star Sports

Academy (NASS)
Sessions E1 unless indicated
Juniors: Fri 4-6pm, Cumberland
School, E13 National league

U13yrs, U14yrs, U16yrs, Tues
6-8pm, Rokley School, E76
National league U10yrs, Tues,
8-10pm, Rokley School,
E16 National league U13yrs,
U14yrs, U16yrs, Thurs, 6-8pm,
SportsDock, National league
U14yrs, Tues, 8-10pm, UEL,
SportsDock, Junior boys and girls,
Sat, 10.20am-12.20pm, UEL,
SportsDock, E3, Call 07762 503
995 www.nasssports.org.uk

Youngbloods Basketball

All sessions cost £1
U12yrs, mixed, Sat, 1-2pm
East Ham Leisure Centre, E5
U13-14yrs boys, Mon, 6-8pm
and Wed, 4-5.30pm
St Angela's School, E7
U13-14yrs girls, Mon 4-5.30-
6pm and Wed 4-5.30pm, St
Angela's School, E7
U15-16yrs boys, Tues, 6-8pm,
St Angela's School, E7 Thurs,
8pm, St Conventrations School, E7,
U17-18yrs boys, Mon and
Wed 8-10pm, St Angela's
School, E7, Call 07552 307 657

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barkling Rd,
E5, unless otherwise stated
Mon 22 June, Local
Development Committee,
Newham Council, E15, 7pm
Tues 23 June, Overview and
Scrutiny Commission 7pm
Tues 25 June, Cabinet and
Mayor's Proceedings, 8pm
Tues 30 June, Newham
Partnership - Employment and
Enterprise Partnership Action
Board, 3pm

CONTACT THE MAYOR

Surgery

To register for the Mayor's
surgery you must arrive up to 30
minutes ahead of the advertised
time. Sat 27 June, 10am, The
Gale, Thurs 2 July, 7pm, Old
Town Hall, E5

Telephone surgery

Wed 24 June, Call 020 8430
2020 between 9.30-10.30am
and leave your details

CONTACT DETAILS

LIAISONS & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town, Barkling Rd, E16
Custom House
Prince Regent Ln, E16
East Ham 325, Barkling Rd, E6
Green Street 337-341
Green St, E13
The Gate 6-8 Woodgrange
Rd, E7
Mener Park
635-697, Romford Rd, E16
North Woolwich
5 Pier Parade, E16
Widdow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies
020 3373 0881
Community Outreach
020 337 3813

LEISURE & SPORTS VENUES

Balsam Leisure Centre
14 Baker St, E13
East Ham Leisure Centre
324, Barkling Rd, E6
Newham Leisure Centre
281 Prince Regent Ln, E13
Newville Prince Regent Ln, E13
UEL SportsDock, Docklands
Complex, University Wy, E16

COMMUNITY CENTRES (C.C.)

Beckton Community Centre
14 Mener Wy, E6, 020 7511 1214
Field Community Centre
147 Station Rd, E7
020 8536 2000
Grassroots Centre Memorial
Park, Memorial Ave, E15
020 3373 0699
The Hertley Centre
267 Barkling Rd, E6
The Hub 182 Star Ln, E16
020 3373 0750

Jack Cornwell Community
Centre Jack Cornwell St, E12
020 8550 3459

Jeyce Community Centre
1 James Ct, E13, 020 8548 9788

Katherine Rd Community
Centre 254 Katherine Rd, E7
020 8548 9835

St Mark's Community Centre
218 Tollgate Rd, E6
020 7511 1214

Upson Community Centre
Claude Rd, E13, 020 8471 0040
(currently closed)

Warrage Ln Community Centre
Gower Ct, E15, 020 8518 0335
The Wed Community Centre
40 Warrage Ln, E6, 020 7585 7070



Are you aged 16 to 18?

We have just the **job** for you



- YES** - a two-year paid apprenticeship
- YES** - a work placement at Newham Council
- YES** - vocational training

Currently our success rate for trainees securing a permanent position at the end of their two year contract is 86 per cent. What we offer:

- A two-year training contract
- A generous training allowance of £180 per week
- A work-based qualification, leading to an apprenticeship
- An opportunity to develop your skills and gain invaluable work experience with Newham Council



Earn up to £180 per week Closing date for applications: 10 July 2015

For any enquiries email YES.Enquiries@newham.gov.uk or call **020 3373 3037**.

To apply visit www.newham.gov.uk/yes

the Mayor's Newham Show

Celebrating
50 years of
Newham

FREE

Saturday 11 and Sunday 12 July 2015
12noon - 6pm



Central Park, High Street South,
East Ham E6

Two days of fantastic **FREE**
family fun including:

- Featuring on the main stage
Cock and Line from CBeebies'
Swashbuckle 11 July
Postman Pat and Jess the Cat 12 July
- Live music, Newham seaside and
much more!
- The Mayor's Newham Carnival, 2pm Saturday



www.newham.com/summer

@newhamlondon

#NewhamShow

Mayor of
Newham